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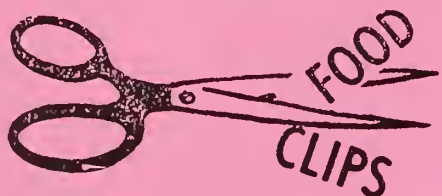
Food and Home Notes

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Soy milk contains less calcium, phosphorous, vitamin A, and some other nutrients, but more than cow's milk. The fat content is about one-half to two-thirds that of whole milk.

* * *

Looked soybeans are similar to green peas or lima beans in color and flavor but have a firmer texture. They are not soft or mealy.

* * *

One fresh pound of sprouts as purchased or prepared at home yields 4 cups ready-to-use sprouts.

* * *

Processed soybean oil is light in color, has a milk flavor, and can be used as oil in any recipe.

* * *

Season cooked soybeans with butter or margarine and serve as a vegetable or use them in favorite recipes in place of lima beans.

* * *

ON FOOD FORTIFICATION

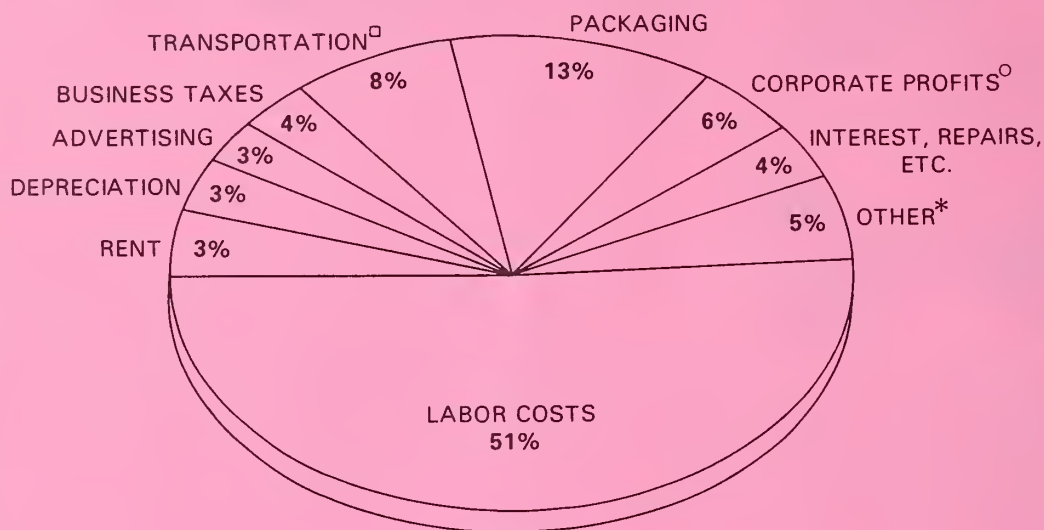
— AN IRON

A new solution to the age-old problem of how to supply women of child-bearing age with a food fortified with iron may be on the horizon, according to scientists*at the Human Nutrition Laboratory of the USDA's Agricultural Research Laboratory in Grand Forks, North Dakota. One answer may be to use black coffee, which contains no calories and appears to be suitable for iron fortification. But -- this method is not without trade offs.

Chemist Phyllis E. Johnson, of the University of North Dakota, conducted a post-doctoral study with ARS chemist Gary W. Evans, and found that even though breads and cereals are generally fortified with iron, many women are so weight conscious they are reluctant to eat enough of these foods to meet their iron requirements. While coffee is a popular beverage and often is consumed black - which contains no calories - it might prove most suitable for the iron supplement.

(Con't page 4)

AGRICULTURAL CHARTS

COMPONENTS OF BILL FOR MARKETING FARM FOODS, 1975^Δ

*RESIDUAL INCLUDES SUCH COSTS AS UTILITIES, FUEL, PROMOTION, LOCAL FOR-HIRE TRANSPORTATION, INSURANCE.
[○]BEFORE TAXES. [□]INTERCITY RAIL AND TRUCK. ^ΔPRELIMINARY DATA.

USDA

NEG. ERS 8452-76 (9)

Components of bill for marketing farm foods, 1973-75

Year	Labor ¹	Packaging materials	Rail and truck transportation ²	Corporate profits			Business taxes ³
				Before taxes	After taxes		
	<i>Billion dollars</i>	<i>Billion dollars</i>	<i>Billion dollars</i>	<i>Billion dollars</i>	<i>Billion dollars</i>	<i>Billion dollars</i>	
1973	40.4	9.9	6.1	4.6	2.6	3.4	
1974	46.7	11.6	7.2	5.3	3.0	3.8	
1975 ⁵	52.7	13.4	8.5	6.7	4.0	4.2	
	Depreciation	Rent (net)	Advertising	Repairs, bad debts, contributions	Interest (net)	Other ⁴	Total
	<i>Billion dollars</i>	<i>Billion dollars</i>	<i>Billion dollars</i>	<i>Billion dollars</i>	<i>Billion dollars</i>	<i>Billion dollars</i>	<i>Billion dollars</i>
1973	2.8	2.5	2.3	1.8	1.3	7.4	82.5
1974	3.2	2.8	2.6	2.0	1.5	6.6	93.3
1975 ⁵	3.6	3.1	2.9	2.2	1.7	4.7	103.7

*Prepared by the Economic Research Service of the U.S. Department of Agriculture. Slides/prints of these charts are available for reproduction to the PRESS if requested from the Editor of Food and Home Notes.

COST OF FOOD AT HOME FOR A WEEK (FEBRUARY 1977)

	<u>Thrifty plan</u>	<u>Low-cost plan</u>	<u>Moderate- cost plan</u>	<u>Liberal plan</u>
FAMILIES				
Young couple.....	\$23.00	\$30.20	\$37.90	\$45.50
Elderly couple.....	20.70	27.10	33.40	40.00
Family of 4 with preschool children.....	32.60	42.40	52.90	63.50
Family of 4 with elementary school children.....	39.10	51.10	64.00	76.90
INDIVIDUALS*				
Women				
20-54 years.....	9.40	12.40	15.40	18.40
55 years and over.....	8.60	11.20	13.80	16.40
Men				
20-54 years.....	11.50	15.10	19.10	23.00
55 years and over.....	10.20	13.40	16.60	20.00
Children				
1-2 years.....	5.30	6.80	8.40	10.00
3-5 years.....	6.40	8.10	10.00	12.10
6-8 years.....	8.10	10.50	13.10	15.80
9-11 years.....	10.10	13.10	16.40	19.70
Girls 12-19 years.....	9.70	12.50	15.50	18.50
Boys 12-14 years.....	10.80	13.90	17.40	20.80
15-19 years.....	11.80	15.30	19.20	23.10

* Cost of food at home for any family can be figured by totaling costs shown for individuals of sex and age of various members of the family as follows:

- o For those eating all meals at home (or carrying some meals from home), use amounts shown.
- o For those eating some meals out, deduct 5 percent from amount in table for each meal not eaten at home. Thus, for a person eating lunch out 5 days a week, subtract 25 percent or one-fourth the cost shown.
- o For guests, include for each meal eaten, 5 percent of amount shown in table for the proper age group.

Next, adjust the total figure if more or fewer than four people generally eat at the family table. Costs shown are for individuals in 4-person families. Adjustment is necessary because larger families tend to buy and use foods more economically than smaller ones. Thus, for a 1-person family, add 20 percent; 2 persons, add 10 percent; 3, add 5 percent; 4, use as is; 5 or 6, subtract 5 percent; 7 or more, subtract 10 percent.

Note: The publication "Family Food Budgeting for Good Meals and Good Nutrition," Home and Garden Bulletin No. 94, describes USDA's thrifty food plan (used in setting the coupon allotment in the Food Stamp Program) and the three more costly plans, on which these costs are based. Single copies are available from the Office of Communication, U.S. Department of Agriculture, Washington, D.C. 20250. Request publication by name and number and include your ZIP code.

FOOD FORTIFICATION (Con't. from page 1)

Ferrous fumarate -- the iron supplement -- could be added to dry coffee grounds (which are the same color).

How much coffee would be needed to make this type of fortification useful? It would take about 4 cups of black coffee to provide an adult with about 70 percent of her minimum daily requirement for iron. None of the 20 "tasters" at the ARS Human Nutrition Laboratory who participated in the experiment detected any differences in taste, aroma, or color between the fortified and unfortified coffee. It would cost less than a penny to fortify 3 pounds of coffee grounds.

* In this research, the scientists were not weighing any possible harmful effects to health that coffee-drinking habits may produce; they are merely recognizing that people drink coffee.

SOYBEANS

Soybeans -- once a minor crop -- today are an \$8 billion commodity and considered among the top three cash crops of the 1970's. More than 60 percent of the soybeans in this country are produced in Illinois, Indiana, and Iowa. And, the higher the yield, the lower the cost per bushel. Good? That's only the beginning.

The United States recently produced nearly three-fourths of the world's supply of soybeans but we are now down to two-thirds. Reason for this is Brazil's soybean market has increased from 1.6 of world output in 1968 to nearly 15 percent today.

Outlook? Good -- of course. For major soybean use -- livestock and poultry feed -- depends largely on the world economy and the resulting demand for meat. As the demand for meat goes up, the demand for soybeans also goes up. Soybeans may be used as a high protein feed, a meat substitute, or a salad oil.

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